



Thyroid medications, soy, and your Medifast Plan

As a company with its foundations in medical science, Medifast is confident in our high quality soy protein as a healthy, sustainable protein source with numerous benefits. If you want to avoid soy protein because of a soy allergy, thyroid medication use, or your doctor's recommendation, this guide can help.

Medifast recommends you contact your physician regarding any concerns you have about eating soy before starting your weight loss program.

Soy allergy

Most often, a soy allergy shows up with mild signs and symptoms that may include skin breakouts, itching, or redness; nasal congestion; or diarrhea and other digestive issues. If you have a soy allergy, please discuss these options with your health care provider before beginning the Medifast Program. In rare cases, people have a severe soy allergy that can cause



Did you know?

According to food allergy research director Steve L. Taylor, PhD, the rate of soybean allergy in the general U.S. population is probably not higher than 0.2 percent, and could be as low as 0.1 percent—or less than 600,000 people.*

[CLICK HERE](#)

Thyroid medication

If your health care provider has prescribed thyroid medications like levothyroxine, Synthroid® or Levoxyl®, you should understand that eating soy protein may slow down your body's absorption of these drugs. You should wait one to three hours before or after taking your thyroid medication before eating any Medifast Meal containing soy protein—or choose a soy protein-free meal instead.

If you take your thyroid medicine first thing in the morning, don't skip breakfast, but make sure your first Medifast Meal of the day is one that's soy protein-free. Or, you can have your Lean & Green™ Meal for breakfast. If you take your thyroid medicine before bed, make sure your last meal is either your daily Lean & Green™ Meal or one of the soy protein-free Medifast Meals.

Your health care provider may want to monitor your thyroid hormone levels during your weight-loss program.

Examples of soy protein-free Medifast Meals

For a complete list of our soy protein-free meals, [click here](#).

- Calorie Burn Cappuccino
- Chai Latté
- Chocolate Mint Soft Serve
- Peanut Butter Soft Serve
- Cappuccino
- Hot Cocoa
- Coffee Soft Serve

Soy protein-free Medifast Meals that contain soy sauce only

- Cream of Chicken Soup

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Soy protein-free Medifast Meals with trace amounts of soy lecithin

For a complete list of Soy protein-free Medifast Meals with trace amounts of soy lecithin, [click here](#).

- Cherry Pomegranate Antioxidant Shake
- Orange Blend
- Pineapple Mango Smoothie
- Dark Chocolate Antioxidant Shake
- Medifast Eggs
- Triple Berry Smoothie



About soy lecithin

In most cases, this common food blending agent is made from refined soybean oil. The process removes most, if not all, the proteins that cause allergies.¹ According to information from the Cleveland Clinic, studies have shown that most people with a mild soy allergy can safely eat foods containing soy lecithin.² If you have concerns, ask your doctor if trace amounts of soy lecithin are ok for you to eat.

¹ Taylor SL, Kabourek JL. Soyfoods and allergies: separating fact from fiction. *The Soy Connection*. 2003; 11:2

² Cleveland Clinic. Soy allergy. Online. http://my.clevelandclinic.org/disorders/soy_allergy.aspx

Non-Meal Medifast products that do not contain soy:

- Garden Vegetable Crackers
- Medifast Flavor Infusers™: All flavors
- Essential1®: Heart Health
- Fajita Seasoning Mix
- Multi-grain Crackers
- Essential1®: Digestive Health
- Sugar-Free Syrup

Sample daily meal plans

Soy protein-free

All these meals are free of soy protein.

BREAKFAST

- Medifast Dark Chocolate Antioxidant Shake

MID-MORNING

- Medifast Orange Blend

LUNCH

- Medifast Tomato Basil Bisque (optional: add dried parsley flakes)

MID-AFTERNOON

- Medifast Hot Cocoa

DINNER

- 6 oz grilled chicken breast
- 1½ cups cooked asparagus
- 1 tsp olive oil

EVENING

- Medifast Chocolate Mint Soft Serve

Thyroid medication

(dosage taken before breakfast) Your first meal of the day is soy protein-free so it doesn't interfere with your morning dosage of thyroid medication.

BREAKFAST

- Medifast Original-Style Eggs

MID-MORNING

- Medifast Orange Blend

LUNCH

- 5 oz grilled salmon
- 3 cups raw spinach (optional: 10 sprays salad dressing spritzer)

MID-AFTERNOON

- Medifast Dutch Chocolate Shake

DINNER

- Medifast Hearty Vegetarian Sloppy Joe

EVENING

- Medifast Peanut Butter Soft Serve

KEY Medifast Meals Lean Green Healthy Fats